13th COSCOM
Headquarters Company

SUICIDE AWARENESS BRIEFING

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SUICIDE AWARENESS
Terminal Learning Objective

- **The objective of this training is to minimize suicide behavior and increase suicide awareness in HHC 13th COSCOM.**

SUICIDE AWARENESS
Agenda

- Definition of Suicide
- Myths v Facts
- Statistics, Demographics
- Factors, Warning Signs
- Do / Do Not
- Help
- Conclusion

SUICIDE AWARENESS
Definition of Suicide

- **Definition of Suicide**
  - **Suicide is the killing of the self with intention and premeditation**

SUICIDE AWARENESS

- **Gesture**
- **Attempt**
- **Completion**

SUICIDE AWARENESS
Myths v Facts

- **M: People who talk about killing themselves rarely attempt or kill themselves.**
- **F: People who kill themselves almost always give clues or warning signs.**

- **M: Talking to someone about their suicidal feelings will cause them to kill themselves.**
- **F: Asking someone about their suicidal feelings usually makes them feel relieved.**

SUICIDE AWARENESS
Myths v Facts

- **M: All suicidal people want to die.**
- **F: Most suicidal people are undecided and frequently call for help.**

- **M: Suicide is an act of impulse with no previous planning**
- **F: Most suicides are carefully planned.**

SUICIDE AWARENESS Statistics

- **Completions: suicide rate was unchanged in 2000 after declines for six consecutive years**
- **Average of 1 person every 18 minutes.**
- **Average of 1 old person every 1 hour 39.3 minutes.**
- **Average of 1 young person every 2 hours 12 minutes.**
- **11th ranking cause of death in U.S.**
- **4.1 male deaths by suicide for each female.**
- **3 female attempts for each male attempt**
- **Suicide ranks 11th as a cause of death; Homicide ranks 14th**

SUICIDE AWARENESS
Statistics

- **Statistics for US Army**
  - **1995 – 2000 Average of 70 soldiers killing themselves per year**
  - **Suicide is the 3rd leading cause of death in the Army.**

SUICIDE AWARENESS
Demographics

- **Age: 20 – 34**
- **Race: White**
- **Sex: Male**
- **Rank: E4**
- **No spouse, divorce or separation**

SUICIDE AWARENESS
Factors

- **Depression**
- **Alcohol, substance abuse**
- **Previous attempts**
- **No social support**
- **Divorce, separation**
- **Personal failure**
- **Pending proceedings**

SUICIDE AWARENESS
Symptoms

- **Appetite change**
- **Feeling of helplessness, hopelessness**
- **Crying**
- **Decreased work performance**
- **Decreased motivation**
- **Sleeping pattern change**
- **Appearance change**

SUICIDE AWARENESS
Warning Signs

- **Obsession with death**
- **Plans**
- **Access to means**
- **Withdrawn / Outward**
- **Passive / Aggressive**

SUICIDE AWARENESS
Do / Do Not

- **DO:**
  - **Take seriously.**
  - **Ask questions.**
  - **Listen carefully.**
  - **Watch for physical indicators.**
  - **Check for means.**
  - **Check for support systems.**
  - **GET HELP!**

SUICIDE AWARENESS
Do / Do Not

- **DO NOT:**
  - **Leave alone.**
  - **Moralize or judge.**
  - **Act shocked.**
  - **Agree to a secret.**
  - **Dare.**
  - **Shame or humiliate.**
  - **Solve problem yourself.**

SUICIDE AWARENESS

- **Key Questions (be direct!)**
  - **Do you want to KILL yourself?**
  - **Do you have a plan?**
  - **Do you have a weapon?**
  - **Do you believe you will be better off dead?**

SUICIDE AWARENESS HELP!

- **Duty Hours:**
  - **Chaplain (24 hrs crisis line) 287-CHAP**
  - **Psychology/CMHS Darnell 286-7820**
  - **4th ID Bennett Clinic 618-8134**
  - **1st CAV Monroe Clinic 288-3096**
  - **13th CC Moore Clinic 285-6271**
- **Non-duty Hours**
  - **DACH ER DACH 288-8114**

SUICIDE AWARENESS
Conclusion

- **Have discussed:**
  - **Definition of Suicide**
  - **Myths v Facts**
  - **Statistics, Demographics**
  - **Factors, Warning Signs**
  - **Do / Do Not**
  - **Help**
  - **Conclusion**

SUICIDE AWARENESS

- **What are your questions concerning Suicide Awareness?**